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Your essential daily news | MONDAY, SEPTEMBER 19, 2016

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HALIFAX VOTES 2016



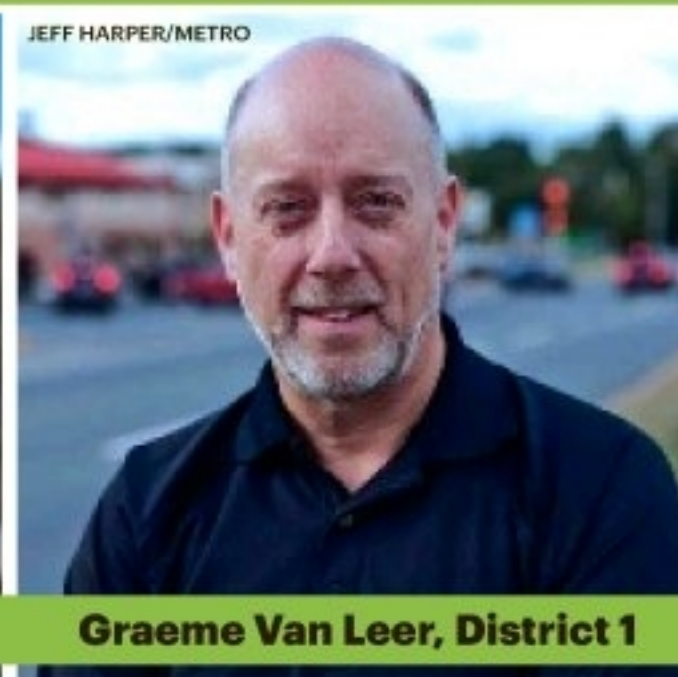
Voters Miranda Cain, District 2



Josh Hogan, District 6



Charlene Gagnon, District 5



Graeme Van Leer, District 1

#YOURVOICEMATTERS

**IN THE LAST
HRM ELECTION,
FEWER THAN
40% OF VOTERS
CAST A BALLOT
— WE WANT TO
CHANGE THAT
IN FOUR WEEKS**



**Philip
Croucher**
Metro | Halifax

Ticked off about development happening in your neighbourhood? Upset with our poor transit system? Fuming over garbage-bag limits?

These are all issues decided at city hall.

It's why we owe it to our city

to be loud and engaged for Halifax Votes 2016. Metro plans to be. We hope you'll join us.

In 2012, less than 40 per cent of Halifax voters went to the ballot box. That figure is disappointing, especially given how much decisions made at the municipal level affect our daily lives.

It's why we need to make our voices heard Oct. 15. Nothing changes if we stay quiet and don't vote.

And we are here to help.

Over the next four weeks, Metro will be digging into the issues so you can be informed for voting day.

Metro will be talking to people in the council districts to determine the big issues.

Metro will also be exploring some hot-button topics to help make them key campaign issues.

We also want to hear from you, the readers, on issues you

care about.

It's why Metro is using the hashtag #YourVoiceMatters for our HRM election coverage.

Contact us by email (philip.croucher@metronews), Twitter (@metrohalifax) or Facebook (Metro Halifax) and tell us what you care about.

We'll help ask those questions when we sit down with both mayoral candidates.

I'm calling on us to beat that

2012 election count of 36.9 per cent. More than 40 per cent is a victory.

Not happy with who's running? Go a step further and write nothing on your ballot. Send your message of dissatisfaction to our politicians that way. Change only happens when we are involved and not sitting on the sidelines.

**For our HRM election
coverage, see pages 3-4**



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A sea of calm and comfort

GRIEF SUPPORT

Trish Dominie harbours hope for families in tough waters



Yvette d'Entremont
Metro | Halifax

When Trish Dominie kissed her 10-year-old son Alex goodbye before he hopped onto his school bus the morning of Dec. 7, 2005, it would be the last time she'd see him alive.

The little boy who loved Lego, boogey-boarding, building sand sculptures and playing with his friends and little sister died suddenly at school that day.

Dominie experienced firsthand the need for peer-led grief support groups for children.

After her family attended and benefitted from a grief support centre in the United States, Dominie made it her mission to make something similar happen in Halifax.

"When someone we love dies, everybody else's world goes back to normal kind of quickly. They're there for a few weeks but this person who's experienced a death is sitting there not knowing what to do," she explained.

"It affects their cognitive ability, it affects behaviour, it affects every part of us. And we're not sure what to do."

In 2009 she founded Alex's



Trish Dominie founded Alex's Safe Harbour, which helps families cope with grief after the death of a loved one. JEFF HARPER/METRO

Safe Harbour. The non-profit offers age-appropriate, free grief support groups for children, teens and adults experiencing the death of someone close to them.

"The same void is still there (today). There's nothing out there for children and teens unless you go to a private counsellor in regards to peer support," she said.

"One of the nice things about Alex's Safe Harbour too is if you're coming in as a family you're all coming on one night, not coming on different nights."

Dominie works full time

during the day and now puts in at least 300 volunteer hours a year with Alex's Safe Harbour, down from when she first started the organization.

She said she couldn't provide the service without the dedicated stable of 12 to 15 trained volunteers.

"When people heard me say I started a grief support centre,

they said, 'Oh my god, you did what? Why would you do that?' And it's like they have this image of people being sad all the time and they're crying all the time. It is so far from the truth," Dominie explained.

"When we see the kids coming, they're running from the parking lot, smiles on their faces. There's laughing. I'm not saying

there are no tears, because there are. All emotions are OK to have. It's what we teach."

From September through June, trained volunteers facilitate free, peer-led support groups every Thursday night in Dartmouth and Halifax for children, teens and adults.

"We don't provide therapy. We provide companionship. We

“Anyone who is around Trish can't help but feel heard, comforted, supported. She's a very special woman who uses her own knowledge of deep grief to help those in HRM. Truly a strong, humble woman. Nominator Megan Carbray

+ NOMINATIONS

Do you have someone to nominate?

Each Monday, we will profile an unsung volunteer hero in our community as part of Halifax Heroes.

To nominate someone, email philip.croucher@metronews.ca, Metro Halifax's managing editor, or Tweet @ [metrohalifax](https://twitter.com/metrohalifax) using the hashtag #Halifaxheroes

walk beside them. We've given them the courage to be able to ask their peers, 'What's it like for you?'" Dominie said.

Alex's Safe Harbour also offers a free support group for bereaved parents twice a month from September to June, operates a grief library and offers a community outreach/education program.

"I can think of a number of children and the very poignant things that they have said about their loss. We do evaluations twice a year, and they all write in there, 'I get to come and talk about my person, and I don't do that anywhere else,'" Dominie said.

"Everybody here wants to know about your person. They want to know deep down how are you doing. You can see it. It's absolutely amazing."

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DEMOCRACY

Two-person mayoral race may result in low turnout

With a recent poll showing 85 per cent support for incumbent Mayor Mike Savage heading into next month's mayoral election, the race for the head of the council table is looking like a one-sided affair.

And that doesn't bode well for voter turnout.

"I think the biggest thing that's going to affect this election, to be honest with you, even more than the acclamations, is the fact that there's not really a horse race for mayor," said Coun. Tim Outhit.

"I think people get more excited for the mayoral race than they do for the councillors."

On this topic, Outhit and Dalhousie political scientist Kristin Good seem to agree.

"I would say that that race is the most visible race, and I would even say that some people go out to vote mainly to vote for the mayor, and then end up voting for their district councillor because they want to be involved in the mayoral race," Good said.

Polls be damned, mayoral candidate Lil MacPherson told Metro saying she's hearing people tell her she's inspired them to head to the polls, and she's not scared of the ever-popular mayor.

"I've jumped off the cliff many times with no safety net," MacPherson said.

"I wish there was more people (running) but it's just Mike and I so let the games begin." ZANE WOODFORD/METRO



There's not really a horse race for mayor.

Coun. Tim Outhit

Bringing the party to city hall



No one stepped up to challenge the incumbent councillors in four of 16 districts in Halifax Regional Municipality. All four candidates were acclaimed. JEFF HARPER/METRO

ENGAGEMENT

Running slates of candidates, like parties, helpful: Prof



Zane Woodford
Metro | Halifax

Want more candidates? More engagement? Higher voter turnout?

One local political scientist says the answer might be to bring parties to municipal politics.

Four of 16 districts in Halifax Regional Municipality already have a new councillor more than a month before the upcoming municipal election. Why? Because no one stepped up to challenge the incumbent councillors in those areas.

"It's independent politics, and

it's very difficult under those circumstances to successfully challenge an incumbent. So a lot of candidates would reason that it's not worth their time to do so," says Kristin Good, associate professor at Dalhousie University.

"It's an issue that is shaped by the nature of municipal institutions and the lack of party politics."

Good says party politics at the municipal level would allow candidates to team up with others to educate the public on their positions on issues, share their costs, and "provide a shortcut for voters."

She wouldn't want to see provincial or federal parties in local politics "because you might start seeing national positions on local issues, and in a way that would negate the whole purpose of having local government, which is to bring community values to bear on local decision making."

"What I would support are the independent local parties that exist in some cities like Vancouver or Montreal. And really, they're slates of candidates that run together, sometimes based on an issue, sometimes based on a general orientation on the environment or something like that," Good says.

Coun. Tim Outhit — one of four councillors acclaimed for another four-year term, which he calls "humbling" — used to live in Vancouver, and saw that process first-hand.

"It's not all it's cracked up to be in my opinion," he says.

Outhit agrees that it could put more candidates on the ballot, but doesn't like the idea of having to toe a party line.

It may come as no surprise that a councillor currently benefiting from the status quo prefers the status quo, but Outhit believes Halifax is getting it right.

"I think that this consensus-building, non-partisan approach to municipal politics is true democracy in its rawest form, in its most natural form," he says.

"I think we'd lose something. It might be smoother, but does making it smoother make it more democratic? I don't think so."

Well...

In the current system, Good says voters have to work hard to find out what each of their independent candidates stands for. The party system, Good argues, would ease that burden on the public to become informed about their candidates.

But it's not just the lack of parties.

"The burden is high on voters, and for a lot of people, and this is a more fundamental issue, they don't recognize the importance of the decisions made at a local level," she says.

The acclaimed



District 16 - Tim Outhit



District 4 - Lorelei Nicoll



District 15 - Steve Craig



District 3 - Bill Karsten

"I think we need a lot of education around what municipalities do, how citizens can get involved."

Meet the candidates

Colin Castle

You can reach him at:

Email:
colincastlefordistrictone@gmail.com



Alison McNair

Facebook: Alison McNair-Your District 1 candidate

Twitter:
@Alison1percent
alisonmcnairfordistrict1.com



Cathy Deagle-Gammon

Facebook: elect-CathyDistrict1

Twitter:
@Cathydistrict1

cathydistrict1.ca



Steve Sinnott

Facebook: stevesinnott4d1

Twitter:
@stevesinnott4d1
stevesinnottcom.wordpress.com



Trevor Lawson

Facebook: votetrevorlawson

Twitter:
@votetrevorHFX

votetrevorlawson.ca



Steve Streach

Facebook: elect-stevestreach

Twitter:
@SteveStreach

SteveStreach.com



ISSUES

Residents need councillor to show up after election



Zane Woodford
Metro | Halifax

It's a big district, and it's a big, open competition.

There are six candidates vying for the job of councillor in District 1 – Waverley – Fall River – Musquodoboit Valley, and no incumbent.

Coun. Barry Dalrymple announced he'd be stepping aside earlier this year after one term as the expanded district's first councillor, and his second term as councillor. He beat Steve Streach, who had served in the more compact former District 1 – Musquodoboit Valley – Eastern Shore in 2012.

This time around, Streach is back on the ballot, up against

Colin Castle, a young man vowing to knock on every door in the district; Cathy Deagle-Gammon, the executive director of a Dartmouth non-profit helping adults with intellectual disabilities; Trevor Lawson, a veterinarian; Alison McNair, a real estate agent; and Steve Sinnott, a Canada Post officer.

Graeme Van Leer lives in Fletcher's Lake, and helps to run a community website for the Fall River area. He said he's heard from a few of the candidates on his doorstep, but what's important to him is that whoever wins doesn't stop showing up after the election.

"I want them to listen to the people. You see loads of them during the run-up to the elections, but we want to see them afterwards," he said in a recent interview.

Van Leer sees the size of the district as a real barrier for anyone trying to connect with people.

"With all the candidates, I think you're going to see more of them in this area (Fall River)



Graeme Van Leer is voting in District 1. JEFF HARPER/METRO

because this is where the population base is. And I think that's a shame for the Musquodoboit Valley because they're not going to get the representation they deserve," he said.

As for the issues in this election, Van Leer puts transit at the top.

"There is no transit in Fall

River at all. We have a Fall River park and ride which heads up from the 118 there. That's OK, but the trouble is to get it you have to walk there," he said.

He'd like to see a bus come through the area, and said the community wants to see commuter rail become a reality.

Another major concern in the area is the ongoing possibility of a controversial quarry in Miller Lake.

"It is a big sticking point and it's been dragging on," Van Leer said. "I think really people want a resolution to it. They want it put to bed once and for all. It's not wanted."



- **Key Dates:** e-voting (online and by telephone) starts Oct. 4, runs every day till Oct. 13. Advanced polling in person on Oct. 8, 11.
- **Election Day is Oct. 15**
- **Qualifications:** must be at least 18 years old, Canadian citizen, Nova Scotia resident for six months, and an HRM resident before the first advanced polling day
- **Check if you're registered:** votersearch.halifax.ca/hrm/onvoterslist.html
- **Which district you live in:** apps.halifax.ca/districtlookup
- **Where to vote:** votersearch.halifax.ca/hrm/wheretovote.html
- **Any questions:** call 902-490-VOTE (8683) or 1-844-301-VOTE (8683) or email election@halifax.ca

MAPPED | HALIFAX ELECTION DISTRICTS

DISTRICT 1: WAVERLEY – FALL RIVER – MUSQUODOBOIT VALLEY



Population: 20,756

Boundaries: District 1 starts at the northwest of the municipality near Stanfield International Airport, and extends along Highway 102, from communities like Elmsdale and Enfield to Wellington, Fall River and Waverley. It then stretches east to where the municipality butts up against Guysborough County, including communities like Dutch Settlement, Long Lake, and Upper Musquodoboit.

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MONDAY NIGHT GALA



Theatre of Life

Monday, Sept. 19, 7:00PM – Oxford Theatre

In an extraordinary soup kitchen in Milan, two vastly different worlds have been brought together by a unique social experiment. *Theater of Life* captures the remarkable relationship forged between the finest haute cuisine chefs in the world and the city's most disadvantaged groups: refugees, recovering drug addicts, former sex workers, and a host of others with no place else to go.

For Expo Milano 2015, renowned chef Massimo Bottura, whose Osteria Francescana was named world's best restaurant in 2016, invited 60 of his international confrères to join him in transforming food destined for the dumpster into delicious and nutritious meals for Italy's hungriest residents. But the documentary delves far deeper than this important food story: it captures the moving encounters of guests at the soup kitchen who have found a welcoming community there, showing us glimpses of their heart and soul in the process.

A visual feast in itself, *Theater of Life* puts a human face on its powerful message of social justice while raising awareness about the enormous environmental impact of food waste.

Director: Peter Svatek
Writer: Peter Svatek
Producers: Josette Gauthier, Annette Clarke, Peter Svatek
Cast: Massimo Bottura
Cinematographer: Nicolas Venne
Editor: Elric Robichon
Country: Canada / Italy
Runtime: 94 minutes



Join FEED NOVA SCOTIA after the film for a taste of what's possible when we change the way we think about food. Indulge your palate and challenge your perceptions as Chefs Jamie MacAulay and Mike Silvester serve up a delicious menu using foods that are often deemed unmarketable. Location to be revealed at the gala.

Sponsored by Atlantic Superstore.

The Atlantic Film Festival will be accepting food donations at our Park Lane Box-office, on behalf of Feed Nova Scotia from September 6 – 22, 2016.

SPECIAL PRESENTATION



Julieta

Monday, Sept. 19, 9:30PM – Park Lane, Theatre 8

Julieta lives in Madrid with her daughter Antía. They both suffer in silence over the loss of Xoan, Antía's father and Julieta's husband. But at times grief doesn't bring people closer, it drives them apart. From celebrated director Pedro Almodóvar, based on the short stories of Alice Munro, *Julieta* is about a mother's struggle to survive uncertainty. It is also about fate, guilt complexes and that unfathomable mystery that leads us to abandon the people we love, erasing them from our lives as if they had never meant anything, as if they had never existed.

Director: Pedro Almodóvar
Writer: Pedro Almodóvar, Alice Munro
Producers: Agustín Almodóvar, Esther García
Cast: Emma Suárez, Adriana Ugarte, Daniel Grao, Inma Cuesta, Dario Grandinetti
Cinematographer: Jean-Claude Larrieu
Editor: José Salcedo
Country: Spain
Runtime: 99 minutes



MONDAY, SEPTEMBER 19

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	10 AM	10:30 AM	11 AM	11:30 AM	NOON	12:30 PM	1 PM	1:30 PM	2 PM	2:30 PM	3 PM	3:30 PM	4 PM	4:30 PM	5 PM	5:30 PM	6 PM	6:30 PM	7 PM	7:30 PM	8 PM	8:30 PM	9 PM	9:30 PM	10 PM	10:30 PM	11 PM	11:30 PM
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HISTORIC SITE

Citadel cash to be spread out: Mayor



Haley Ryan
Metro | Halifax

Halifax is getting \$20 million thanks to the long-standing Citadel Hill disagreement being resolved, but the mayor says it won't be spent all in one place.

HRM has announced a disagreement with the federal government over payments in lieu of taxes dating from 1997 to 2015 has been resolved by the federal government paying \$20 million to the municipality.

"It's not a matter, I don't think, of winning or losing. It's just a good day because we've come to a resolution on this long outstanding issue, and I think it's to the benefit of

the residents of HRM," Mayor Mike Savage told reporters at City Hall on Friday.

Citadel Hill is a National Historic Site sitting on a 48-acre parcel of federal land so it is exempt from real property taxation, but HRM always argued it was subject to a payment-in-lieu of taxes (PILT) under the federal PILT Act.

Although many on Twitter suggested ideas ranging from a water slide down Sackville Street to commuter rail for how to spend the money, Savage said the \$20 million will go into a reserve fund before council decides how to spread it among capital projects.

"There's a number of things that ... we'd like to build that I think will enhance the city," Savage said, like a new Halifax Regional Police station.

"This won't change our priorities, but it certainly will enable some of them to be done more quickly."

The next steps will include the Audit and Finance Committee making a recommendation to regional council about what projects to support, who will then make the final decision.

Early last year, a federal panel valued the Citadel at \$41.2 million — \$37.6 million more than what Ottawa argued it was worth.



People check out the view from the top of the Halifax Citadel National Historic Site.

JEFF HARPER/METRO

HIGHWAY 208

Man faces impaired charge in fatal crash

A man is charged with impaired driving after a fatal crash in Nova Scotia.

The RCMP say they were called around 4 p.m. Friday to Simpson's Corner, Lunenburg Co. after a 25-year-old man died when his truck left Highway 208 and crashed into a ditch.

Police say another vehicle was involved and left the scene.

About three hours later, police arrested a 34-year-old man who they say was driving the other vehicle. The accused, from Pleasant River, will appear in court at a later date.

METRO



Volunteers clean up litter on Black Rock Beach in Point Pleasant Park on Saturday. REBECCA DINGWELL/FOR METRO

Volunteers spruce up Point Pleasant Park

ENVIRONMENT

More than 2,000 cleanups organized across country



Rebecca Dingwell
For Metro | Halifax

Thanks to some local volunteers, Point Pleasant Park just got a little cleaner.

Yvonne Ritchie, an environmental science student, took part in the Halifax event for the Great Canadian Shoreline Cleanup.

"For me, getting involved

with nature and helping make it a place that we can all enjoy is something that I really value," said Ritchie.

On Saturday morning, dozens of people split up into groups to pick up litter around the Halifax park, particularly along Black Rock Beach.

The national cleanup initiative is a joint effort of the Vancouver Aquarium Marine Science Centre and World Wildlife Fund (WWF) Canada. According to a release from WWF, more than 2,000 cleanups have been organized across the country in 2016 so far. That's the most amount of events ever registered in the program in one calendar year.

+ EVENTS

This year's Shoreline Cleanup events will continue across Canada until Dec. 31.

After picking up the trash, teams sifted through it. Jessica Bradford and her group found everything from socks to a bike lock.

"A lot of tampon tubes were found, which is something I think can be avoided with just a little bit more education," said Bradford. "It doesn't have to end up in our waterways."

Wenhui Gao agreed that a lot

of the pollution is preventable.

"There's so many things that we can do — these little things," she said. "Not to flush (certain things) into your toilet, or not to leave your garbage on the beach."

Participants kept a list of litter they accumulated — including plenty of plastic and rope. One group even found a chunk of what they guessed was a chimney or brick wall near the water.

Sarah Saunders of WWF-Canada said these lists will help in collecting data.

"This is really important for us, because we actually use this information for scientific studies," Saunders told volunteers.



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Sylvia D. Hamilton, poet and filmmaker, is performing at the Prismatic Arts Festival. JEFF HARPER/METRO

Recognizing these women's art

PRISMATIC FESTIVAL

Female artists of marginalized backgrounds front and centre



Rebecca Dingwell
For Metro | Halifax

Poet and filmmaker Sylvia Hamilton feels it's an honour to be among the "brilliant and exciting" artists performing in this year's Prismatic Arts Festival.

Prismatic's goal is to showcase performers of indigenous and other "culturally diverse

backgrounds." It started up as a bi-annual event in 2008, but it's grown since then, taking place every year in Halifax since 2014.

"I think it speaks to the number of women artists — women of colour — who have been toiling, who have been producing, who have been doing remarkable work," Hamilton said in an interview. "(They are) often not getting the kind of recognition that they should have."

All of the featured artists this year are women. According to marketing and communications manager Raeesa Lalani, this wasn't originally part of the plan. It just so happened the performers who caught the attention of the artistic direc-



Seeing and engaging with these artists is an opportunity I'm really grateful that Prismatic offers.

Sylvia Hamilton

tor — Shahin Sayadi — were female.

Hamilton will be reading from her 2014 poetry collection: *And I Alone Escaped to Tell You*.

"That collection has a lot of voices in it," she said. "There are characters who come to us over time — many, many centuries."

The poems are divided into three sections, the first of which focuses on the enslavement of Africans who were brought to Nova Scotia. The latter section, Hamilton explained, features more

contemporary poems, "some of which are drawn from personal experience."

"The stories in this collection, about people of African descent in Nova Scotia, have not been heard before."

In addition, Hamilton intends to read newer works of poetry she has yet to share publicly.

"It's exciting to see what the response might be, but also nerve-racking, because you don't always know," she said.

On the film side of things,

Hamilton will be showing Portia White: *Think On Me*, a documentary about the Nova Scotia-born classical singer. Growing up in the province, Portia White was a household name for Hamilton.

Hamilton pointed out that the 1940s would have been a particularly difficult time for a woman of African descent to make a name for herself in music.

"Her commitment to the arts, and also to bringing music to people, was incredibly strong," said Hamilton.

Hamilton spent time tracking White's story by speaking with family members, former musical accompanists, as well as students whom she taught. Hamilton said no one was writ-

+ BE THERE

The Prismatic Arts Festival takes place from Sept. 21-25. Visit prismaticfestival.com for complete event details.

ing about the details of her life at the time the film was made. "I felt it was really important to tell her story," she said.

Hamilton added that the festival is great for audience members as well as performers.

"Seeing and engaging with these artists is an opportunity I'm really grateful that Prismatic offers."

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Team maps lost shipwrecks

ST. LAWRENCE RIVER

Recreational divers record lesser-known discoveries

While Sir John Franklin's doomed search for the Northwest Passage looms large in the Canadian consciousness, thousands of other shipwrecks lie in obscurity at the bottom of the country's waterways.

The Arctic Research Foundation recently announced the discovery of HMS Terror during the latest in a series of high-profile expeditions that also led to the discovery of Franklin's other ship, HMS Erebus, in 2014.

But as the country celebrates the apparent end to an enduring Arctic mystery, a team in Quebec has been quietly trying to put a name to at least some of the lesser-known shipwrecks in the St. Lawrence River.

The project, which is co-ordinated by the Université de Montréal and the Archeo-Mamu Cote-Nord archeology association, seeks to docu-



A team of divers and archaeologists work to document the presumed wreck of the Sainte-Anne.

MATHIEU MERCIER GINGRAS/THE CANADIAN PRESS

ment the shipwrecks along the northern coast of the river with the help of local recreational divers.

The project's main archeologist says the provincial government has only a fraction of the river's shipwrecks on record.

"At the level of the (Quebec) Culture Department, there are between 80 and 100 that are documented, but I think there are more than 1,000 left to find," Vincent Delmas said. "There's a lot of work still to do."

He says the St. Lawrence was once an autoroute where ships carrying goods to and from Europe succumbed to ice, storms and the many rocks and reefs lurking just below the surface.

Delmas says parts of the river's north shore were also rich

in iron, which could interfere with ship's compasses, creating a "Bermuda Triangle"-like effect.

Recently, the team has been working to identify a wreck believed to be that of the Sainte-Anne, a merchant ship that went down in 1704 while carrying a load of furs destined for the French Antilles.

Although the wreck's location, near a small town now called Pointe-Label, has been informally known for decades, the team is analyzing wood samples taken from the ship to verify its age and origin and hopefully confirm its identity.

It also hopes to dive for the remnants of the fleet of Admiral Hovenden Walker, whose mission to attack Quebec on behalf of the British crown failed after eight of his ships sank in 1711 near what is now known as Pointe-aux-Anglais.

Although the location of most of the Walker fleet is known, Delmas says the team would like to bring "scientific rigour" to the process by pinpointing the ships' exact locations with GPS and by examining the artifacts.

THE CANADIAN PRESS

POLITICS

NDP aims to woo activists

The federal NDP will turn to its network of social activists to woo progressives back to the party fold this fall, according to the party's new national director. Nearly a year after the last election, New Democrats are trying to stop the bleed of support to Justin Trudeau's Liberals.

Robert Fox, a former Oxfam executive who was recently named NDP national director, said there are many activists who are not connected to the party and could be.

Fox is trying to address internal party challenges, such as slumping fundraising figures.

Elections Canada figures from the second quarter of 2016 paint a bleak financial picture for the New Democrats who collected \$1.08 million from 15,906 donors. The figures are a far cry from the Conservatives, who brought in \$5.07 million from 37,223 donors, and the Liberals who received \$4.9 million from 36,080 contributors.

THE CANADIAN PRESS



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Project could shake up border crossings

MOVEMENT

Morses Line in Quebec guarded by agents in Hamilton, Ont.

Morses Line is one of those places where the Canada-U.S. border is truly just an artificial stop on a country road.

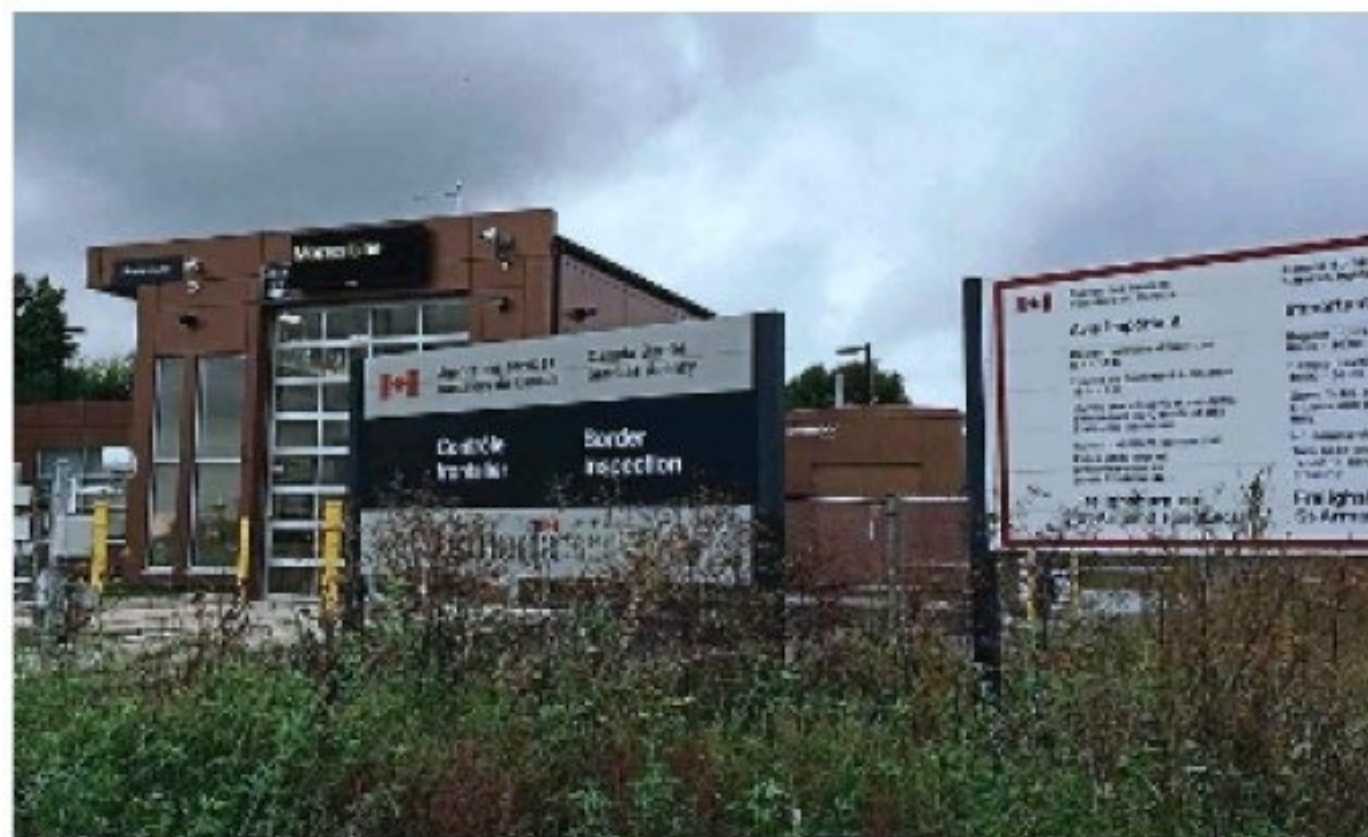
In the late 1800s, it was a literal line established by a distant government that was crossed by villagers from the province of Quebec and the state of Vermont going about their business.

It has developed, but remains today as one of the smallest, most remote of the 117 crossing points along the 5,000-kilometre Canada-U.S. land border — one where populations on both sides share names, blood and a French mother tongue.

But after surviving threats of closure in Washington and absorbing budget cuts ordered by Ottawa, Morses Line has become ground zero for what could be the future of border management.

Where there was once a bucolic, white building welcoming people to Canadian soil and a century house next door that the head agent called home, now there is a state-of-the-art security structure loaded with cameras and defended by a guard located 700 kilometres away in Hamilton.

The Remote Traveller Process-



Morses Line in rural Quebec is one of the smallest, most remote of the 117 crossing points along the 5,000-kilometre Canada-U.S. land border. TORSTAR NEWS SERVICE

ing program has been underway since February but the Canada Border Services Agency already has plans for similar operations at 19 other points-of-entry across the country if the program is deemed a success.

It works much like a high-tech drive-thru. Those seeking to enter Canada at Morses Line enter into a closed garage and park next to a kiosk that allows them to communicate with a border agent, show their passport and even pay duties on alcohol, tobacco or other goods with the swipe of a credit card.

"Are we letting our guard down?" said CBSA spokeswoman Dominique McNeely. "The building was designed with enhanced security in mind. There are additional gates, there are many cameras and, compared to other border crossings nearby, there's much more technology here to secure the border."

That includes impact-resistant gates, a garage door that doesn't open unless the border agent is satisfied there is no risk, and plenty of powerful cameras.

"We can see small writing on documents and we can actually

zoom in very close and detect any type of signs," McNeely said. "It's like your classic interview at the border but it's done remotely."

If the agent has doubts, a traveller will be directed to the nearest staffed border crossing, which is 13 kilometres away. If there is something more nefarious, nearby agents are dispatched to conduct a more thorough search.

The potential national program is being tested at Morses Line for very local reasons.

TORSTAR NEWS SERVICE

Downturn forcing people to give up pets

Surrender never comes easily.

An animal information card at the Calgary Humane Society identifies the temporary resident inside as a grey-and-white kitten named "Marilyn" who has been there since June 26.

"I am an owner surrender," reads a note in a section called "A little about me."

Many Calgarians, already dealing with layoffs, economic uncertainty and the potential loss of their homes, are now having to give up their best friends.

The Calgary Humane Society says it has noticed a jump in the

number of pets being reluctantly being turned in by their owners since the economic downturn started in 2015.

There were 1,500 pets surrendered to the society between Jan. 1 and Aug. 31, 2014. That number ballooned to 1,673 in the same period last year and sits at 1,635 so far this year, but there's also been a huge jump in the number of strays being picked up.

A humane society official says it's gut-wrenching for those who have to give up a member of the family. THE CANADIAN PRESS

OTTAWA

Rewriting our heritage



Emma Jackson
Metro | Ottawa

Let the feds decide if Chateau Laurier's expansion is a good fit for the capital, a local architect says.

Barry Padolsky, who sits on the city's built heritage sub-committee and has worked on revamps at the Museum of Nature and the National

Arts Centre, said the hotel's owners should "voluntarily bind themselves" to the government's own heritage review process, even though they don't have to.

"It will attract the wisdom of the National Capital Commission, Parks Canada and the city to really scrutinize the proposal," Padolsky said. "If it does not measure up ... it will have to change."

IN BRIEF

The return of Parliament

After 10 months of a long honeymoon, consultations on dozens of issues and rhetoric that suggested anything is possible, Justin Trudeau's government faces a fall full of hard choices. The rubber hits the road Monday, with the return of Parliament.

THE CANADIAN PRESS

Feds ready to act on carbon pricing: McKenna

Environment Minister Catherine McKenna says the government is prepared to impose a price on carbon provinces that can't come up with their own. The comments sparked the ire of, Saskatchewan Premier Brad Wall. THE CANADIAN PRESS

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Explosion still unexplained

NEW YORK CITY

Investigation into blast that injured 29 in Manhattan

The bomb that rocked a New York City neighbourhood known for its vibrant arts scene and large gay community contained residue of an explosive often used for target practice that can be picked up in many sporting goods stores, a federal law enforcement official said Sunday, as authorities tried to unravel who planted the device and why.

The discovery of Tannerite in materials recovered from the Saturday night explosion that injured 29 people may be important as authorities probe whether the blast was connected to an unexploded pressure-cooker device found by state troopers just blocks away, as well as a pipe bomb blast in a New Jersey shore town.

Gov. Andrew Cuomo, touring the site of the blast in Manhattan's Chelsea neighbourhood, said there didn't appear to be any link to international terror-



Crime scene investigators work at the scene of an explosion in Manhattan's Chelsea neighborhood. CRAIG RUTTLE/THE ASSOCIATED PRESS

ism. He said the second device appeared "similar in design" to the first, but did not provide details.

"We're going to be very careful and patient to get to the full truth here," New York's mayor, Bill de Blasio said Sunday. "We have more work to do to be able to say what kind of motivation was behind this. Was it a political motivation? A personal

motivation? What was it? We do not know that yet."

Cellphones were discovered at the site of both bombings, but no Tannerite residue was identified in the New Jersey bomb remnants, in which a black powder was detected, said the official, who spoke to The Associated Press on condition of anonymity.

Officials haven't revealed any

details about the makeup of the pressure-cooker device, except to say it had wires and a cellphone attached to it.

Technicians in Quantico, Virginia, were examining evidence from the Manhattan bombing, described by witnesses as a deafening blast that shattered storefront windows and injured bystanders with shrapnel in the mostly residential neighbour-

hood on the city's west side. All 29 of the injured people were released from the hospital by Sunday afternoon.

The explosion left many rattled in a city that had marked the 15th anniversary of the 9-11 terrorist attacks only a week earlier and where a United Nations meeting to address the refugee crisis in Syria was scheduled on Monday. THE ASSOCIATED PRESS

+ ATTACKS

Explosion rocks Jersey Shore charity race

Jersey Shore beaches were reopened Sunday as the investigation continued into a pipe bomb explosion at a seaside community before thousands of runners were to participate in a charity 5K race. Officials would not say if they believe the blast was terror-related, but said it didn't appear to be connected to an explosion that rocked a Manhattan neighbourhood Saturday night. THE ASSOCIATED PRESS

Daesh claims Minnesota stabbing attacks

A man in a private security uniform stabbed nine people at a Minnesota shopping mall, reportedly asking one victim if they were Muslim before an officer shot and killed him. Daesh claimed the attack as its own. None of the nine people received life-threatening wounds, St. Cloud police Chief Blair Anderson said. FBI Special Agent-in-Charge Rick Thornton said the attack was being investigated as a possible act of terrorism. THE ASSOCIATED PRESS

TERRORISM

UN meeting to focus on refugee crisis and Syria



A man carries a girl as they arrive with other migrants on a dinghy after crossing from Turkey to the Greek island of Kos. THE ASSOCIATED PRESS

World leaders meeting at the United Nations starting Monday will be trying to make progress on two intractable problems at the top of the global agenda — the biggest refugee crisis since World War II and the Syrian conflict now in its sixth year which has claimed over 300,000 lives.

Against a backdrop of rising ethnic and religious tension, fighting elsewhere in the Middle East and Africa, extremist attacks across the world and a warming planet, there are plenty of other issues for the

135 heads of state and government and more than 50 ministers expected to attend to try to tackle.

"It's no secret there's a lot of fear out there," U.S. Ambassador Samantha Power said Thursday, citing the uncertainties sparked by Britain's vote to leave the European Union, the threat posed by Daesh, and attacks in many parts of the world by extremists.

But Syria, where a tense ceasefire brokered by Moscow and Washington went into effect last Monday, remains at

the top of the agenda.

The spotlight will also shine on three leaders, who are all scheduled to speak at the assembly's opening session on Tuesday. UN Secretary-General Ban Ki-moon who steps down on Dec. 31, and U.S. President Barack Obama who will leave office in January, will be addressing the world body for the last time. And British Prime Minister Theresa May will be making her debut on the world stage less than three months after the vote to leave the European Union. THE ASSOCIATED PRESS

Highlights from Trudeau's maiden speech to UN

Justin Trudeau will use his first speech to the UN General Assembly to present his brand of economics as an antidote to the angry nationalist politics flaring up on different continents.

The PM intends to state his case to the convention hall that government policies geared toward broad-based prosperity make for more hopeful societies.

He's making that speech in a year where popular resentment has led to Britain leaving the European Union; Donald Trump contending for the U.S.

presidency; and fringe nationalist parties increasingly competitive in European elections.

A common theme for these movements is blaming foreign forces for the struggles of domestic workers.

Trudeau intends to argue that governments can apply some preventive medicine in the form of policies aimed at the working class. A spokesman cited as examples his government's deficit-financed infrastructure spending and its parental benefit of up to \$6,400 per child.

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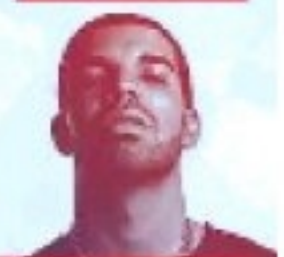
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Blogger cracks tough market

DO IT YOURSELF

Excitement about making things shines through



Aaron Chatha
Metro | Calgary

When she's not creating floating shelves from leftover Ikea pieces, building a shiplap wall or renovating an entire bathroom in 12 hours,

DIY blogger Lacey Haskell can be found sitting back and relaxing with a nice cup of — actually, she's probably already getting started on another monumental home project.

Haskell is the type of person who gets ecstatic after hand sanding and staining a piece of wood, and treats sending a chair to get reupholstered like a holiday.

"When it came back, it was like Christmas morning," she laughed. "I stood up in the window waiting for Chris to drive home with the truck."

That enthusiasm has carried over to her blog, Feathering My Nest, which she's been running since 2013. "I grew up in a home with a creative mother," she recalled. "Ever since I was little, we made stuff. It's just what we did."

It's a tough market for DIY bloggers to break through. Among the countless blogs Haskell believes it's her pickiness about her projects that makes her blog posts so appealing to readers. She goes through trial and error not to find one way to complete a project — but the best way to complete a project.

"I've had a lot of people say, 'Oh, you give so much detail, it's so helpful,'" she said. "If I'm looking to learn how to do something, it's nice to share. 'I tried this, it didn't work and this is why.'"



Lacey Haskell said building and restoring wall fixtures and furniture helps turn her house into a home. AARON CHATHA/METRO

OIL AND GAS

No buyers for failing firms

It's getting so bad in the oil patch that firms in trouble can't even sell themselves.

TD Securities analysis of 15 Canadian energy firms over the past 18 months showed three have found buyers, six are still searching for a suitor, four have slipped into receivership, one closed down after selling all of its assets and another dropped its strategic review.

Bruce Edgelow, vice-president of strategy for lender ATB Financial, said the string of failed strategic reviews over the past 18 months is related to several factors. They include falling commodity prices, market expectations by potential buyers and recent regulatory moves such as Alberta's decision to toughen minimum well abandonment liability coverage levels before approving licence transfers, Edgelow said.

THE CANADIAN PRESS

TECHNOLOGY

New phone app connects users with babysitters or caregivers

When Karen Barzilay recently found no one available to care for her three young daughters, her neighbours told her about BookJane, a mobile app they created to help Torontonians find caregivers on demand.

BookJane founder and chief executive, Curtis Khan, describes the app as the Uber for babysitters and elderly caregivers.

"People are ready. Uber has paved the way. Airbnb has paved the way," said Khan, a former marketing executive. "They're looking more and more to technology."

Since launching in July, Khan says BookJane now has a database of 2,000 caregivers and 500 clients in Greater Toronto, including individuals, childcare centres and hospitals.

Users can find a caregiver for their children or elderly parents within a few clicks and book for as little as one hour or for the day — at a rate of \$21 an hour for a childcare provider and \$25 an hour for a personal support worker for a senior.

Payments are made directly through the app with a credit card, with BookJane taking \$4.20 to \$5 an hour for making the connection.

The app lets users chat online with prospective hires and track their movements while on the job in real-time.



Curtis Khan, founder of the app BookJane which allows people to find babysitters and senior caregivers, displays the app on his phone in Toronto. THE CANADIAN PRESS



People are ready. Uber has paved the way. Airbnb has paved the way.

Curtis Khan

Khan said listed caregivers have to pass stringent qualifications including an extensive in-person interview, a police check, a vulnerable sector

check, provide references, be certified in CPR and First Aid, and either hold designations in early childhood education or personal support work. The approval process, on average, takes about two weeks.

BookJane also provides liability insurance of up to \$5 million, and hires can be filtered through various parameters including years of experience and languages spoken. Users and caregivers are also given a rating following a job.

THE CANADIAN PRESS

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THE QUESTION My friend has a crush on a guy at the gym, but she won't do anything about it. Is she squandering a chance at love?

Dear Ellen,

My friend met a guy last year at GoodLife Fitness. Since that day she can't stop thinking about him. They have spoken briefly a few times, but she does not want him to know how she feels. If only he could read her eyes and mind! She believes that it is just a crush and it will eventually fade away. One year later, her feelings have not changed.

Can a crush last this long? Or is it love?

Solicitous Friend

Dear Solicitous,

I have two pieces of advice — one for you, and one for your friend, whom I'll call Reluctant Lover. I'll start with her.

Dear Reluctant,

In the grand tradition of giving advice I was too stupid to take myself for most of my life, and assuming you are truly interested in this guy, I will tell you to get off your well-toned butt and make a move!

I don't mean you should run over and start towelling him down while he's still on the bench press. That would be intrusive, for starters, and extra-annoying if he's trying to keep track of his heart rate or number of reps or whatever it is you people do

Think up something you'd say to a casual acquaintance. 'Hey, I like your T-shirt, how 'bout those Jays?' or 'I see you're wearing curling shoes.'



© Ani Castillo

in those places.

Furthermore, if he's not interested in you, it will be awkward for both of you every time you find yourselves in the gym together in future.

But you can arrange to cross paths with him at some point, and exchange more than a few words, being careful to do it in a manner that allows him to decline without feeling as if he's rejecting you, breaking your heart and destroying your life forever. Think up something you'd say to a casual acquaintance. ("Hey, I like your T-shirt, how 'bout those Jays?" or "I see you're wearing curling shoes, you get out on the ice much?") Maybe your friend Solicitous can help with the actual dialogue.

That's all you need to do — open the door to more contact and see if he walks through.

There are two possible outcomes. One is he will take the hint, and things will move forward. The other is that he gives you nothing. You may speculate all you like about his reasons (he's just not attracted to you, he's married, he's really into you but he's too shy to do anything). It doesn't matter. It's not gonna happen. Your pride may be hurt, but at least now you know the score and can move on. Good luck with either scenario.

Dear Solicitous,

You sound extremely invested in this situation,

which means one of two things: you are either a loyal pal who can tell your friend is hiding her true feelings and suffering for it, or you are a nosy drama queen dying to stir things up. Actually, those two things are not mutually exclusive.

You may share my sensible advice with your friend, but after that: back off. What she does or doesn't do is her business. And whether it's a crush or love, sometimes people are just as well off — sometimes better off — with the fantasy, which can last much longer and be much more controllable and fun than a real-life relationship that was never meant to be.

Need advice?
Email Ellen:
scene@metronews.ca

Pennant races: When generation gaps narrow



Tim Harper

The summer my father was dying, I called him and we had what turned out to be our final chat.

He was strangely energized. He had but one thing on his mind. He had to replay, in minute detail, the epic game between his San Francisco Giants and the Oakland A's the night before.

There was a pennant race on, after all.

There had been no game, of course, between the Giants and the A's the night before and that pennant battle played only in my father's head.

That's when I realized I had lost him.

Some watch the Jays 2016 September with passing interest, some find joy, many find agony. And some of us have pennant races baked into our DNA.

Pennant races have changed over the years and my father would not recognize the two wild-card spots up for grabs as the Blue Jays enter the season's final days. But pennant races have been the glue in the Harper family for three generations.

My father was a devotee of the Giants of yore. His Septembers were filled with Willie Mays, Willie McCovey, Juan Marichal and that stalwart, Jim Davenport, who lacked the same star power as that trio, but whose uniform was always dirty, betraying the effort and workmanship my father admired in his baseball heroes.

His love was passed to me, at old Toronto Maple Leaf Sunday doubleheaders on the Lakeshore or Sunday morning pilgrimages to downtown

Hamilton where we would pick up the Buffalo Courier-Express. Over breakfast, we would devour box scores, a weekend treat because the Toronto papers then published only the unsatisfying line scores.

And now my daughter sits in Cambridge, Mass., deep in the heart of evil Red Sox country, live-streaming every pitch of the Blue Jays journey.

We text back and forth during games. We celebrate home runs and lament missed cut-off throws. She wants to know why John Gibbons would pitch to a left-hander with first base open and we rejoice when we learn of the return of a backup catcher, the type of transaction that can only cause such jubilation during a pennant race.

At the stadium she launches Pitch Tracks on her phone to challenge calls from the home-plate umpire and she will be there at Fenway on the final weekend of the season, part of a group proudly and defiantly wearing their Blue Jays jerseys come hell or pennant-clinching.

The final weeks will be painful. There will be irrational ups and downs, scoreboard cursing and times when it is almost too hard to look.

More often than not, this is the month when dreams die and winter's harsh reality appears suddenly at the door.

But it's futile to try to get the pennant race out of your blood.

And after years of meaningless Septembers here, one truism remains — it is better to have played for the pennant and lost than never to have played at all.

Tim Harper is a former columnist for the Toronto Star.

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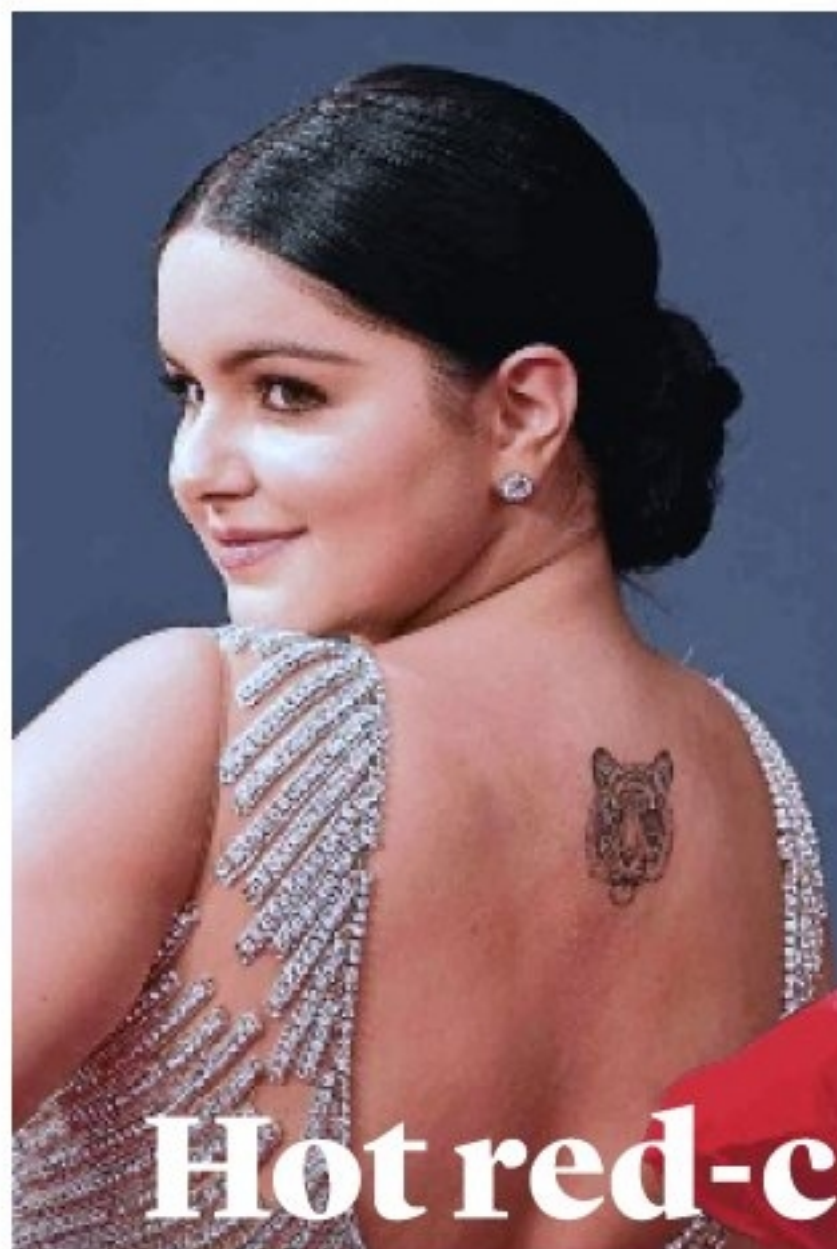
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Hot red-carpet looks

Politics at the Emmys

Alan Yang and Aziz Ansari won the Emmy Award for outstanding writing for a comedy series for their show *Master of None* on Sunday, calling out for more diversity in Hollywood in their acceptance speech.

"We got a long way to go," said Yang. "Asian parents out there, if...just a couple of you get your kids cameras instead of violins, we'll be all good," he joked.

Julia Louis-Dreyfus of *Veep* received a record-breaking sixth

Emmy Award as best comedy series actress, using her victory to take a dig at GOP contender Donald Trump in a ceremony loaded with election-year asides.

Jeffrey Tambor captured his second consecutive best comedy actor trophy for *Transparent*, in which he plays a transgender character.

He called for Hollywood to make him the last non-transgender actor to get such a role.

A shaking Louis-Dreyfus ended

her speech by dedicating the trophy to her father, who she said died Friday. Before that, she honed in on GOP contender Donald Trump's campaign.

"I'd also like to take this opportunity to apologize for the current political climate," she said. "I think that *Veep* has torn down the wall between comedy and politics. Our show started out as a political satire but it now feels like a sobering documentary." THE ASSOCIATED PRESS/METRO

1 Actress Ariel Winter of *Modern Family* shows off her back tattoo at the 68th Annual Primetime Emmy Awards in Los Angeles on Sunday. Fashion mags were quick to point out Kylie Jenner was seen wearing the same dress, a Yousef AlJasmi design, a few days earlier.

2 Fans can't get enough of the super talented *Stranger Things* kids — actors Gaten Matarazzo, Caleb McLaughlin and Millie Bobby Brown walked their first-ever red carpet together, and later performed Bruno Mars' *Uptown Funk* for the audience.

3 Priyanka Chopra, who stars in the terrorism drama *Quantico*, **did not get a nomination** but that did not stop her from twirling in a red Jason Wu gown before she was set to present.

4 Actress Emily Ratajkowski stunned in a Zac Posen mermaid dress, and she also held hands with the designer himself, who was her date for the night.

6 Emily Robinson, 17, is emerging as a style icon to watch, wearing a yellow Carolina Herrera dress. Her show *Transparent* was nominated for outstanding comedy series and was up against *Black-ish*, *Master of None*, *Modern Family*, *Silicon Valley*, *Unbreakable Kimmy Schmidt* and *Veep*. **For a full list of Emmys winners, visit metronews.ca**

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FAMILY PLANNING

Cost of kids and home add up

People yearning for home ownership and parenthood can face an uphill battle in cities where soaring housing prices and costly daycare fees can be formidable. But the dream can be within reach, so long as house hunters and future parents are willing to compromise on a few things.

When it comes to a couple's mortgage preapproval, "the bank may say they can afford X, Y and Z," says Laurie Campbell, CEO of Credit Canada.

But if a couple plans on having children, "they need to factor in what those costs might be and how that could affect their overall budget," she adds.

Those costs include reduced income during parental leave, necessities like food and diapers, as well as education savings.

Lindsay Elliott and her husband bought a house in Grimsby, Ont.—about 30 kilometres southeast of Hamilton—for roughly \$325,000.

Their new home gives them the budgetary breathing room needed for the two maternity leaves she expects to take.

"I'm going to have a very limited income coming in during those times," said Elliott, 28.

Canada's maternity leave and parental benefits only pay 55 per



Parents must compromise to pay for kids and a house. ISTOCK

\$537

Maximum weekly maternity leave and parental benefits in Canada, outside Quebec.

cent of a person's income up to \$537 a week, except in Quebec, which runs its own provincial program.

After maternity leave, many parents will also find themselves having to pay hundreds of dollars a month for daycare. In Toronto, Canada's most expensive city for childcare, parents pay an average of \$1,033 a month, according to a study published

last year by the Canadian Centre for Policy Alternatives.

Daycare fees are one of the things Desirae Odjick and her partner are anticipating, as they look to upgrade to a larger home in Ottawa next year.

Odjick, a personal finance blogger, and her partner plan to have at least one child within three or four years, she says, and they need to leave room in their budget for daycare.

They'll look to spend no more than \$440,000 total on a home

"If we max out our gross debt service ratio by getting, like, the most house we can afford and really stretching out the mortgage payment, we'd be in a pretty precarious position," says Odjick, 27. THE CANADIAN PRESS

Expecting? Prepare for the unexpected

BUDGETS

A new life on the way means big changes to your own life

Gail Vaz-Oxlade
For Metro Canada



You're about to become a mommy or a daddy. Congrats!

You're bringing a new life into the world, one for which you will be totally responsible. That comes with both enormous joy and a little trepidation.

Once you get over the initial high, you'll have to deal with some mundane questions: Will you have enough to buy what you need for baby? How much income will you have on maternity leave? Will you be able to stay home for the full year? How will you split your mat leave?

Here's what you need to do:

Step 1: Find out how much money you'll receive on maternity leave. If you're using every penny of your income(s) to make ends meet, you've got time to get ready to live on less. How much less?

Well, that depends on whether you'll get a top-up at work or not. If you don't, you may be in for a shock when you find out how little you get from EI. So. Find. Out.

Step 2: Make a budget. With a little foresight and some planning, you can come out of mat leave with your financial life in balance. If your income is going down, it's time to prioritize where you'll spend your money so you don't rack up debt.

Divide your expenses into nice-to-haves and must-haves so you'll know where to trim back first. Eating out, entertainment and random impulsive shopping will come to a grinding halt. With a baby on the way, you've got to be dead sure you can make ends meet, even as you incorporate those new little expenses (about to become big expenses) into your life.

Step 3: Practise living on one income. Don't wait until baby's arrival to put your new budget into action. Start while you're pregnant.

Step 4: Pay off your consumer debt. Yeah, you had your



Budgeting — and staying within your means — is the key to handling the financial pressures of a new arrival. ISTOCK

fun. Now you know why it was such a bad idea to put all that crap on credit. Whatever your reason for having consumer debt, get it gone. Negotiate your interest costs down, transfer balances to lower-cost options, get that sucker paid off.

Step 5: Build up your emergency fund. If you're living on one income and you've got another mouth to feed, you can't afford to be cavalier about your emergency fund. A loss of the primary job at

this point would be devastating. So would any unforeseen shift in circumstances. Put an emergency fund in place. Aim for six months' worth of must-have expenses.

Step 6: Decide what you'll need for baby. Check with friends and family for what they found most useful. See who has stuff in storage that you can bum for a while. Don't get suckered into dumb crap like specialty diaper disposal units or wipe warmers.

If you know someone will be throwing you a shower, register for the things you really want. Shop second-hand. And be creative when it comes to doing up baby's room. It doesn't have to cost a fortune, and if you don't have the money, it absolutely shouldn't.



If you're living on one income and you've got another mouth to feed, you can't afford to be cavalier.

For more money advice, visit Gail's website at gailvazoxlade.com

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From the military to yoga teacher

WELLNESS

Piece of advice paved the way to future for Karin Charuz

At 18, Karin Charuz was fresh out of high school and adjusting to life as a soldier in the Israel Defense Forces.

"Those two years were very stressful years," said the Israeli citizen, 35, reflecting back on her time in the military. "All your freedom is basically gone at a very young age."

During that difficult time, she turned to meditation — finding that weekly classes helped her cope with the pressure. It's since become her way of life.

Today, she works as a program director of teacher training at Yoga Tree Studios in Toronto and she also teaches one-on-one classes privately to clients, some who have illnesses such as cancer, or disabilities.

But back in the late 1990s, Charuz was becoming increasingly disillusioned with her role in the army. As a born-and-bred Israeli, two years of military service was mandatory for her, as it is for all Israelis at age 18 — though there are exceptions in certain cases, such as pregnancy. Men typically serve three years.

She was working in military police investigations, investigating fellow soldiers who broke the law and at the same time, was grappling with the loss of friends who died serving in the military. It's a period of time she still has difficulty talking about.

She started contemplating a way out, wondering if she could rebel in some way, though she didn't have a real plan.

Charuz confided in a friend: "Listen, my mind is all over the place. I can't deal with it. I think I'm going to fight my way out of the army and I'm going to rebel ... She said, 'Before you do that, let me take you with me this Friday to a meditation group.'"

With no real sense of what meditation entailed, she went along with her friend to a stranger's home in a town near Tel Aviv. The first meeting marked a turning point in her life.

"I fell in love with it," Charuz said. "I think it's what kept me sane."

For Charuz, guided meditation and breathing exercises helped her focus on her problems, quiet her mind and work toward goals that — ironically — mirrored those set in military training: Crush your ego and be humble.

She continued to attend the weekly gatherings of 10 people, which she said gave her strength to complete her service.

In 2000, upon her release from military, Charuz travelled to New

York City, a place she visited and fell in love with as a teenager. There, she started taking yoga classes and was amazed at how her body transformed — once so inflexible she was thrown out of ballet school, she was now binding her arms behind her back.

After two years in New York, she set out for India to deepen her yoga studies. She spent a year backpacking around the country, practising yoga and volunteering at ashrams until 2004, when she travelled to Canada. She never planned to stay in Toronto long term, but here, she reconnected with friends, met her now-husband and started taking yoga teacher training classes, finding that teaching gave her the same joy she felt when practising, particularly when working with ill or disabled patients.

"I was watching people letting go of fears," she said. "I came to a realization that my work in this life is to guide people into balance."

Just as meditation helped her come to terms with being a soldier, yoga instruction helped her

I was watching people letting go of fears. I came to a realization that my work in life is to guide people into balance. Karin Charuz

overcome another challenge: public speaking. Charuz was born with a vocal chord impairment that left her voice weak and raspy, something she was self-conscious about as a child, which manifested into a fear of public speaking as an adult.

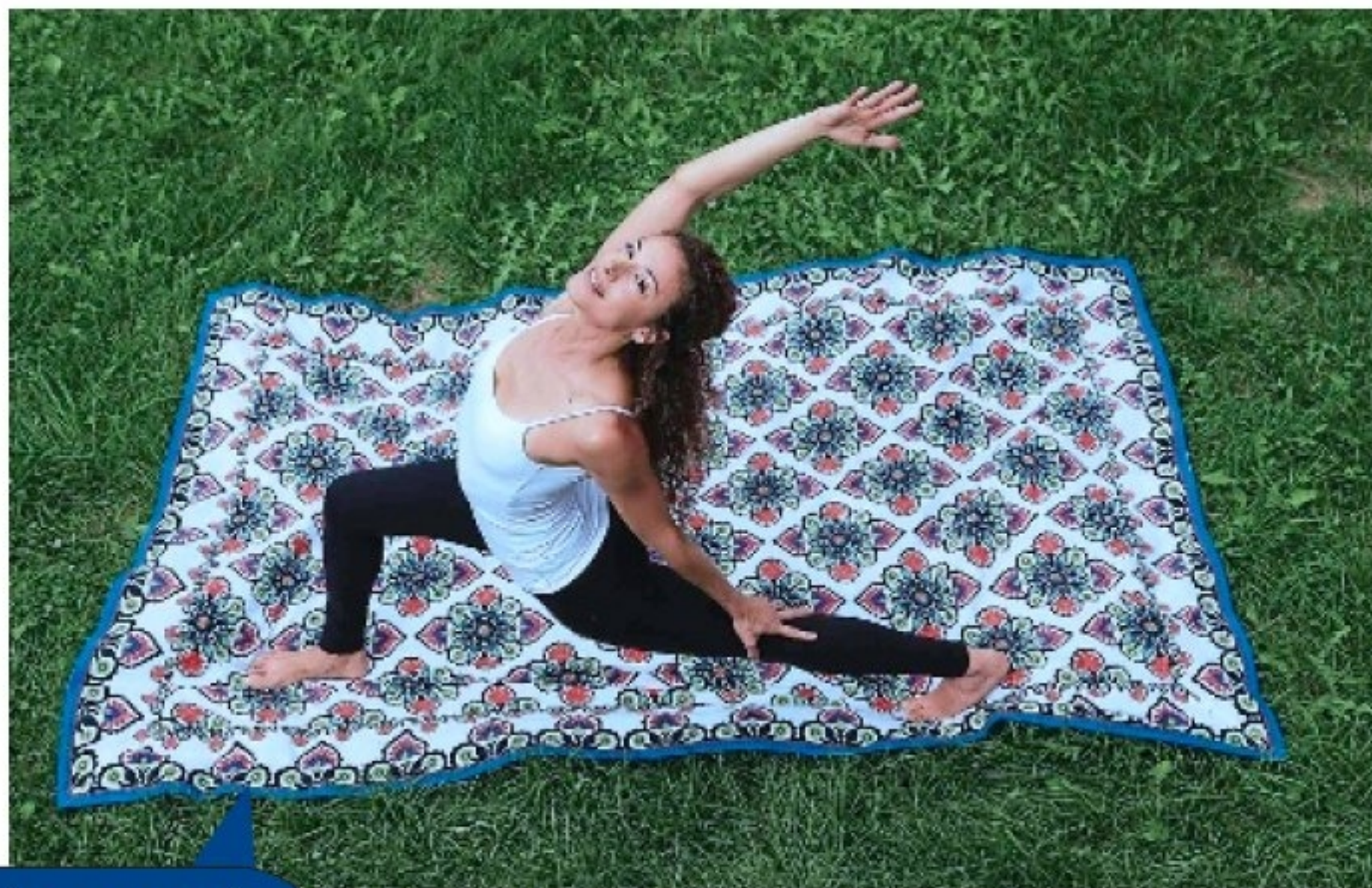
But teaching yoga classes forced her to project her voice, strengthening it and boosting her confidence in her public speaking abilities, she said.

Today, one of her most devoted clients is Susan Charness, a 70-year-old Toronto resident who had polio as a child and uses a wheelchair part time.

"Phenomenal," is how Charness describes Charuz. "She has this calming presence that just makes me feel at peace."

A chance meeting brought the two together in 2009. Charness's husband, Monty, had fallen while entering their North York home. Charuz was walking her dog nearby when she saw the distressed couple on their doorstep and bounded over. Despite being just 104 pounds herself, Charuz picked up the 200-pound man and carried him inside.

"I was in shock," Charness said. "I said, 'Please let me take



Karin Charuz, a yoga instructor whose yoga journey began when she was struggling in the Israeli army as a teen. RENE JOHNSTON/TORONTO STAR

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you out for breakfast, dinner, lunch, anything. Please, please allow me to be your friend."

The two have been meeting weekly, practising seated yoga — breathing exercises and stretching — at Charness's home ever since. Charness, whose husband died in 2014, also credits Charuz with helping her deal with grief.

"She really was the catalyst that brought me back to life," Charness said.

Charuz continues her dedication to yoga, often bringing her classes to office settings, where people welcome the physical release, and regularly teaches students at Yoga Tree locations.

Yoga has helped her get through difficult periods in her life, including past breakups and the recent passing of her beloved 11-year-old German shepherd, Butch.

"(Through yoga) you're able to open up deeply within yourself and become more trusting and loving," she said. "The more you do yoga, the more you understand that what's happening to you externally in your body is actually happening to you inside of your heart. It's a self-love process." TORSTAR NEWS SERVICE

Who is Banksy? Maybe all of us

GRAFFITI

Unravelling the massive mystery of a guerilla artist

Who is Banksy?

For a quarter-century, that question has haunted the art world and fans of the street artist known for making wry political comment with a spray can. His art has been collected by everyone from Christina Aguilera to Angelina Jolie to noted art galleries, and sells for hundreds of thousands of dollars.

Not unlike the Bryan Singer film *The Usual Suspects* and its elusive fictional character Keyser Söze, trying to identify the real Banksy has become serious sport. But trying to pinpoint the man who hung a smiley-face Mona Lisa in the Louvre or set up inflatable dolls dressed as Guantanamo prisoners in Disneyland has frustrated many.

The latest personality to be outed as potentially Banksy is trip-hop dance-band co-founder Robert Del Naja of Massive



Robert Del Naja, seen in front taking a photo, is pictured with Massive Attack bandmate Grantley 'Daddy G' Marshall. Del Naja denies he is street artist Banksy. MAYA HAUTEFEUILLE/AFP/GETTY IMAGES/FILE

Attack.

But British journalist Craig Williams thinks Del Naja is actually the leader of a group of artists who collectively comprise Banksy.

"What if Banksy isn't the one person everyone thinks he is. What if — akin to the

Shakespeare conspiracy theories, Banksy is a group of people who have been stencilling different locations both at home and abroad? Such a rich body of work done over a decade, across the globe, may allow for the suggestion," says Williams in a blog post that is getting

traction on the Internet. Williams compared the travels of Massive Attack with Banksy art sightings and says the two have to be more than coincidental.

That includes a stint in Toronto in May 2010, when the group played the Sound Academy and three Banksy murals



Rumours of my secret identity are greatly exaggerated ... It would be a good story but, sadly, not true. Robert Del Naja

suddenly appeared in the city.

Of course, Del Naja is a graffiti artist himself and has said he is friends with Banksy. But he has denied he is the artist, reportedly telling a crowd at a concert in Bristol recently that, "We are all Banksy."

He also told Britain's Daily Mail that "Rumours of my secret identity are greatly exaggerated. ... It would be a good story but, sadly, not true."

Still, it would be pretty cool if a pop star of the stature of Del Naja ended up being the street artist.

This is not the first time that geographic profiling has been used to hopefully unmask the real Banksy. Scientists at Queen Mary University in London also claim to have substantiated who the real Banksy is, according to the Independent.

Geographic profiling is used by police to hunt down serial killers. These scientists used it to

examine where artworks appear and match them to a suspect.

In this case, the suspect is Bristol native Robin Gunningham, who was already the subject of a Daily Mail investigation.

The university study backs up the assertion by the newspaper that Gunningham, an unassuming suburban man, is the real artist.

The scientists used 140 suspected works in London and Bristol, and looked at how they coincided with locations frequented by Gunningham.

Another popular theory put forward by Canadian media artist Chris Healey is that Banksy isn't a man but a woman who leads a team of seven artists.

What is assured is that you can rely on the fact the Internet will soon be obsessed with the next potential Banksy.

Maybe Del Naja is right: "We are all Banksy" after all.

TORSTAR NEWS SERVICE

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Abe Brown is a certified master coach, president of the Certified Coaches Federation and CEO of Momentum Coaching. He has spent the last 20-plus years in leadership, business management, non-profit management and counseling in addition to coaching. Working as a public speaker, author and trainer, he has helped individuals, businesses and leaders.

"Coaching is connecting," Brown says. "As we connect with people, we listen deeply. A coach is a safe harbour."

Coaching also means collaborating and helping someone clarify their goals. Brown works with other coaches to develop clear strategies that can help their clients achieve goals.

"A good coach helps us to drill down from the general to the specific," he says.

Coaching also means caring, he adds, and



CONTRIBUTED

a good coach knows to measure someone's performance against their own strengths, not someone else's.

Anyone can benefit from coaching, but it's also worthwhile to develop coaching skills that will help others. It enhances a person's leadership abilities at work, home and in the community.

The Certified Coaches Federation is a world-leader and Canadian success story when it comes to training and certifying coaches. In the last nine years, over 12,000 people have taken their two-day intensive certification training.

Their next certification class in Halifax is on Nov. 5 and 6 at the Best Western Chocolate Lake Hotel. Please visit certifiedcoachesfederation.com for more info.

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Break free from the shackles of a 9-5

WHY I LIKE MY JOB

Lisa Blunt, 37, Purser with Porter Airlines

I definitely have the travel bug, so becoming a flight attendant was a great career decision. Before, I was working for a high-end cruise line as a dancer for their on-board entertainment shows, but started thinking about new opportunities that would keep me a bit closer to home while still avoiding the 9-to-5 schedule.

A friend of mine was working for Porter Airlines at the time and mentioned I'd make for a great fit with the company.

Although I didn't have specific training, I knew I could transfer some of my learned skills from the cruise line — namely, my refined customer service approach and safety orientation.

Now, my schedule varies from day-to-day and every flight is an adventure. I thrive in this environment and look forward to meeting my daily challenges. I really enjoy being able to meet hundreds of new people each day while representing the company's brand. I also love the camaraderie among our crews at Porter. Even if I'm flying with a co-worker for the first time, we seem to click right away — which usually takes a lot more time in other jobs.



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Data for this feature was provided by payscale.com, onetonline.org, trade-schools.ca and durhamcollege.ca

HOW TO START

Individuals with a valid passport, high school diploma and a love for travel and customer service can land a career as a flight attendant or purser. To get started, prospects must fill out an application form through a small or major airline carrier's website. Each carrier offers new-hire training programs in first aid, customer service, security regulations and emergency procedures. College programs specializing in hospitality or travel and tourism also serve as stepping-stones into the industry.

WHERE YOU CAN GO

A career as a flight attendant is a chance to break free of the 9-to-5 shackles. With cheaper airfares, a growing population and a recent surge in airline passengers, the demand for trained workers is beginning to soar. One of the best perks? Workers can travel to and often stay in popular tourist destinations, depending on their schedules. And forget about the corporate grind: extended hours and travel times mean most professionals work an average of 12 to 15 days per month.



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SKILLS CANADA - NOVA SCOTIA

COOKING UP SUCCESS

Ricky Mailloux's skills in the kitchen are helping him see the world.

Besides working on an apprenticeship with the Celtic Corner in Dartmouth, the graduate of Nova Scotia Community College (NSCC)'s culinary arts program has a passport that's been getting a lot of ink.

In March, he competed in the Abilympics (Olympics of Abilities) in Bordeaux, France, an international competition highlighting the skills of persons with disabilities. Held every four years, it involves people from over 30 countries competing in everything from cooking to graphic design.

Mailloux, who has attention deficit disorder, was selected as a member of Team Canada in 2015 and trained for seven months to compete in the cooking competition. While he didn't get a medal, the experience was one he'll always remember.

Now, the Sackville native is sharpening his knives for yet another high-profile international cooking competition.

Next spring, he'll compete in an event in Helsinki, Finland, that is open to vocational students from around the world. TaitajaPLUS is the Finnish National Skills Competition for students with disabilities and special needs.

This fall, Mailloux will begin training for the



CONTRIBUTED

event. Funded through Skills Canada - Nova Scotia, he'll be partnered with NSCC student Emily Arseneault in a team cooking competition.

"My skills have already improved so much through my training [with NSCC faculty member Sean Kettley]," says Mailloux. "Thanks to Sean and the support from Skills Canada - Nova Scotia, my confidence in the kitchen has improved, and I'm ready to take on new challenges."

Skills Canada - Nova Scotia is a not-for-profit organization, providing opportunities for Nova Scotian youth to explore skilled trades and technologies, discover their passions, and strive for excellence.


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"After winning a silver medal at the International Abilympics I was able to find a job in my field. I'm so grateful to Skills Canada - Nova Scotia for this experience."

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MADISON SOMERS

Silver Medalist - International Abilympics
Aircraft Maintenance

Toronto's bats went silent again but the Blue Jays remain in wild-card position despite Sunday's 4-0 loss to the Angels in Anaheim



Not just a creator

WORLD CUP OF HOCKEY

Crosby's back checking turns heads too after Canada win

Even the most talented players in the world seem to watch Sidney Crosby with awe.

Crosby scored a goal, added two assists and won six of seven draws in a dominant 13-minute performance on Saturday night. But that's not what had his Canadian teammates, NHL all-stars and award winners themselves, raving a day after the 6-0 win over the Czech Republic. It was the other stuff, particularly one defensive play from the last moments of the first period.

Canada was up 2-0 at that point when the Czechs burst out of their own zone with speed, threatening to score. An odd-man rush looked to be forming between forwards Roman Cervenka and Vladimir Sobotka when Crosby, racing feverishly from the other end, appeared. The Canadian captain whacked Sobotka's stick and sent the puck and scoring attempt fluttering away.

"I thought that was his best play of the night which is pretty crazy because he made so many great plays," Matt Duchene said on Sunday afternoon. "He's not a guy that's winning Selke Trophies (awarded to the NHL's top defensive forward), but he easily could be. I think that part of his game kind of goes under



Sidney Crosby chases down Vladimir Sobotka on Saturday night in Toronto. Crosby had three points in Canada's World Cup opener. NATHAN DENETTE/THE CANADIAN PRESS

+ ON SUNDAY

Gabriel Landeskog and Victor Hedman scored second period goals as Sweden edged Russia 2-1 in Toronto.

the radar."

Jay Bouwmeester was the lone Canadian back defending against Cervenka and Sobotka before Crosby came to the rescue. He brought up the effort unprompted as an example of what Crosby, the NHL's third leading scorer last season, brings

to the ice beyond the numbers. It may not show up on the score-sheet, but teammates notice it.

"That's one thing I'm really impressed with him is you always know the guys that get the points, but when you see it on a day-to-day basis how they actually play the game... you gain an appreciation for that," Bouwmeester said. "I think that's where guys at this level, you really look at a guy and say 'Wow, he's a pretty special player'."

Duchene has trained closely with Cole Harbour's Crosby over the years and pays close attention to everything he does. He's

been struck by Crosby's competitiveness, recalling one example from when the two were skating together in Los Angeles. A scoring competition ensued with the loser was responsible for hauling the winner's sweaty gear back to the hotel.

Crosby's fire was evident even then, Duchene said.

"Whether we were playing for that or we're playing for a gold medal in Sochi (at the 2014 Olympics), the compete level is always there and it encourages you to let that part go for yourself," said the 25-year-old. "Like, it's OK to be competitive."

THE CANADIAN PRESS

DAVIS CUP

Teenager helps Canada past Chile

Denis Shapovalov of Richmond Hill, Ont., won his Davis Cup debut in straight sets on Sunday, topping Chile's Christian Garin 7-6 (5), 6-4 in the third day of play between the two countries.

Frank Dancevic of Niagara Falls, Ont., followed that up with a 6-4, 6-4 win over Gonzalo Lama to complete Canada's 5-0 sweep of Chile in Halifax.

"It's incredible to win, it was a lot of pressure knowing I was going to play today," said the 17-year-old Shapovalov. "I hardly slept yesterday. It's a different match playing for your country, you're representing your nation so it was tough but I think I controlled myself really well, and fought as hard as I could, and I'm happy I got the win."

Winning the tie earned Can-



Denis Shapovalov
GETTY IMAGES
FILE

ada a spot in the 16-team World Group in 2017. A loss would have sent Canada back to the Americas Zone Group where it hasn't competed since 2011.

Canada hasn't shut out an opponent at the Davis Cup since sweeping the Dominican Republic in 2010.

Vancouver's Vasek Pospisil and Dancevic were victorious in singles action on Friday to give the Canadians a 2-0 in the best-of-five tie. On Saturday, Pospisil and Toronto's Adil Shamasdin beat Hans Podlipnik-Castillo and Nicolas Jarry in doubles play to seal the series win.

THE CANADIAN PRESS

IN BRIEF

Rivard leads Canada out of Rio de Janeiro

Triple gold medalist swimmer Aurelie Rivard was chosen to carry Canada's flag into Maracana Stadium for Sunday's closing ceremonies of the Rio Paralympics.

The 20-year-old from Saint-Jean-sur-Richelieu also won a silver in Rio.

Canada finished 13th in the total medals table, with eight gold, 10 silver and 11 bronze. The 29 medals were two less than the team won four years ago in London.

THE CANADIAN PRESS

More QB headaches in Patriots' win over Dolphins

Jimmy Garoppolo had three touchdown passes before leaving in the second quarter with a right shoulder injury as the New England Patriots outlasted the Miami Dolphins 31-24 on Sunday.

It was the Patriots' eighth straight home victory over Miami (0-2). It came at a price as New England (2-0) was dealt another blow at quarterback with Tom Brady already out his four-game "Deflategate" suspension.

THE ASSOCIATED PRESS



90s to now

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RECIPE Easy Tomato Tart



PHOTO: MAAYA VISNEVE

Ceri Marsh & Laura Keogh
For Metro Canada

Before the season passes, indulge in this tart that comes together easily leaving you more time for your evening reality TV binge.

Ready in 55 minutes
Prep time: 15 minutes
Cook time: 40 minutes
Serves 6

Ingredients

- 1 sheet of puff pastry
- 2 Tbsp olive oil, approximately
- 1/2 cup grated mozzarella cheese
- 1/2 cup grated Parmesan cheese
- 1 pint of cherry tomatoes
- 1/4 cup chopped fresh herbs (I used parsley and basil but thyme and rosemary would be nice too)
- Salt and pepper to taste

Directions

1. Preheat oven to 400 F.
2. Remove just one sheet of puff pastry dough.
3. Tear off an 18-inch long sheet of parchment paper. Lightly flour the paper and roll out the pastry with a rolling pin into an 8- by 12-inch rectangle. Prick all over with a fork. With a small, sharp knife, create a border all around the rectangle a 1/2 inch in; don't cut all the way through!
4. Drizzle oil over pastry. Now scatter the cheese. Then place tomatoes on top. Sprinkle herbs on top and add a pinch of salt and pepper
5. Place in oven 20 to 25 minutes until the pastry is golden and cheese bubbling. Allow to cool slightly before cutting. Serve with a simple salad.

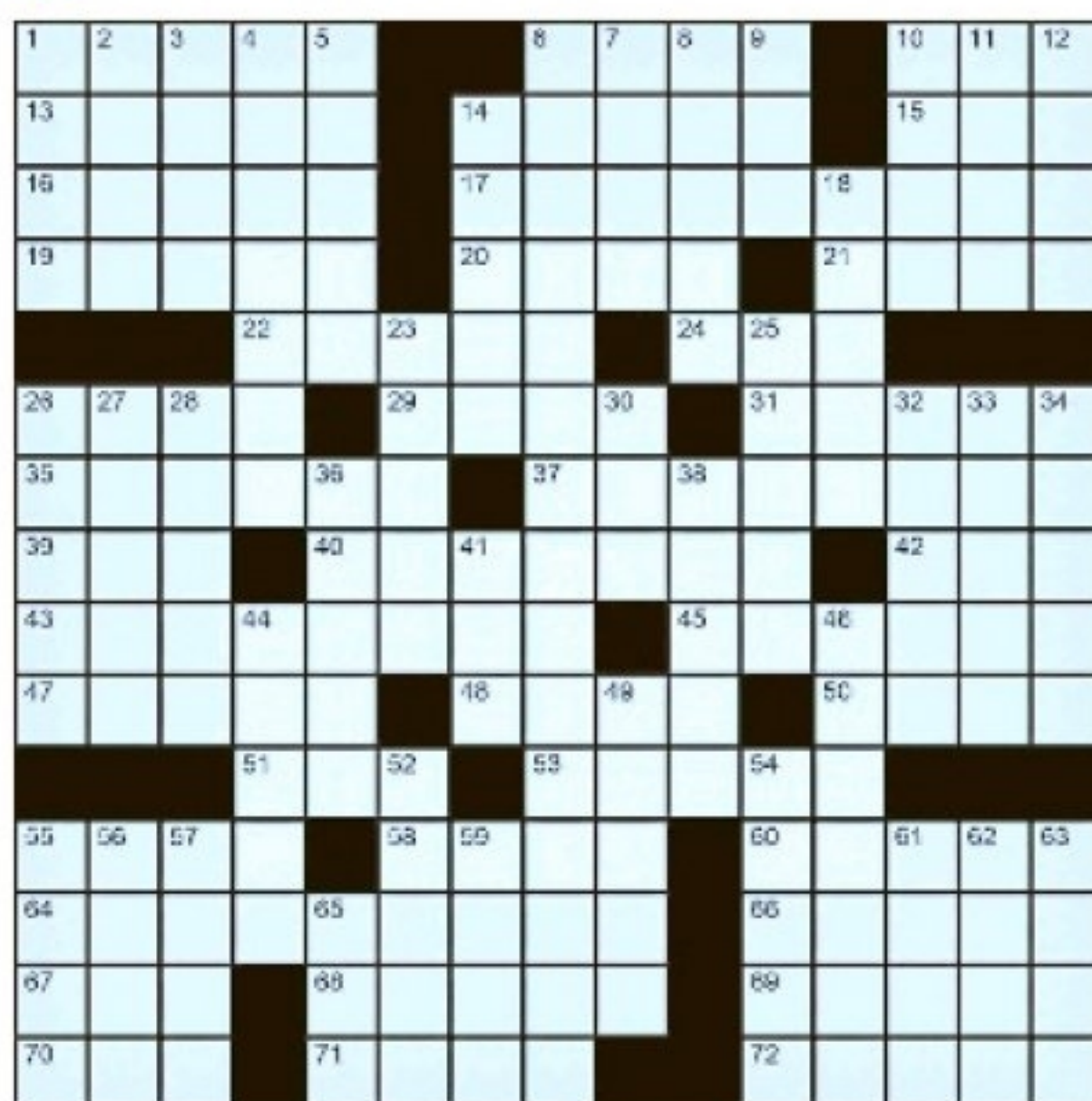
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Mea _ (My bad!)
6. " _ Tough" (1977)
10. Abbr. amateur antonym
13. The Hunter constellation
14. Bridges
15. Sever
16. Haze over
17. Quarrel; 3 wds.
19. Get clean
20. Any thing
21. Deli loaves
22. Smudges
24. Model/actress Ms. Herzogova
26. Duchess of _ (Subject of Spanish painter Goya)
29. Snoot
31. Fibre for basketry
35. Arnold's employee on "Happy Days"
37. Elton John's "Rocket Man" bit: "She packed my bags last night, pre-flight / _ _ nine AM..."
39. German singer Ms. Lempert
40. Piano performance
42. Letters with Harper Valley
43. 'Sad' ear-ring shape
45. Rock band instruments
47. Provide, as with some trait
48. Ms. Kurylenko of "Oblivion" (2013)
50. Payola\$ singer Paul
51. Dresser drawer garb
53. Nervous
55. West Virginia



- export
58. Lieutenant Commander _ "Star Trek: The Next Generation" role
60. Choir voices
64. One showing up after everybody else
66. Dutch cheese
67. "Well, now!"

68. "He's _ Nowhere Man..." - The Beatles
69. Singin', Dancin' and what else?
70. Baby barker
71. Diner's detailer
72. Distinctive smell in the neighbourhood

DOWN

1. 'Georgia Peach' Ty
2. Carbamide
3. Steal
4. Grand _ (Loyal Order of Water Buffalo bigwig on "The Flintstones")
5. 2004 Gwen Stefani album: "Love, _"

- Music. Baby.
6. _ _ Wilderness Provincial Park (It's in northern British Columbia)
7. Roof's gutter locale
8. Boeotian Muse of memory
9. "It _ _" ("Who's

- there?" posh reply)
10. Gambit
11. Casanova
12. Chooses
14. Bake, as eggs
18. Stuff for Oscar's can
23. _ Canada (Historic province)
25. Gwyneth's "Shakespeare in Love" (1998) role
26. Razor-sharp
27. Approach nighttime
28. Food staple
30. Become
32. _-turvy
33. Played a minstrel's pear-shaped instrument
34. Clear
36. Command
38. Morocco's capital
41. Dove's murmur
44. Russia's currency
46. Character in Shakespeare's The Merchant of Venice
49. Tree's twisted knot
52. Cherish
54. Big tales
55. Horse hoof sound
56. Hawaiian island
57. Situated up high
59. "I'll second that!"
61. Dancer's dress
62. Aesir ruler
63. Dropped
65. Ms. Diaz, to pals

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Relations with partners and close friends are warm and wonderful today. This is a great day to start a new partnership.

Taurus April 21 - May 21
You get along well with co-workers today. In addition, you might get a raise or you might get praise — or you might see ways to make your workspace more attractive.

Gemini May 22 - June 21
New love is exciting! Accept invitations to party. This is a wonderful day for social occasions, playful activities with children, sports events and anything connected with the arts.

Cancer June 22 - July 23
Explore real estate opportunities that might come your way today. This is also a great day to entertain at home.

Leo July 24 - Aug. 23
You can make money from your words today, which is good news for those of you who write, edit, teach, act, sell or market. In fact, your words are like gold! Meanwhile, relations with siblings and relatives are cosy.

Virgo Aug. 24 - Sept. 23
If shopping today, you will love buying something beautiful for yourself or someone close to you. You might see ways to boost your income.

Libra Sept. 24 - Oct. 23
This is a great day to buy wardrobe goodies. (You are always aware of fashion and current colours, even if you don't dress this way.)

Scorpio Oct. 24 - Nov. 22
A secret love affair might be going on for some of you. (In fact, this is a certainty.) Others might make a wonderful hidden discovery. It's a pleasant day!

Sagittarius Nov. 23 - Dec. 21
A friend might become a lover today. In any event, your feelings of affection for your friends are strong today.

Capricorn Dec. 22 - Jan. 20
Someone might want your creative input on design, layout, furniture arrangement or such. Others will meet flirtatious opportunities.

Aquarius Jan. 21 - Feb. 19
Grab every chance to travel for pleasure today, because it might come your way. You will enjoy intelligent discussions of philosophy, religion and politics

Pisces Feb. 20 - March 20
Gifts, goodies and favours from others will come to you. It's a good day to ask for a loan or mortgage, because you can benefit from wealth and resources of others.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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6	8				9	4		7
4		1	8				6	3
	4		9					
7		5			6			
	3		1		7			9

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LEASE FROM **\$28** WEEKLY FOR **24** MONTHS

LE MODEL
FINANCE FROM
\$31
WEEKLY

FEATURES: AUTO, A/C,
REMOTE START

GL MODEL
FINANCE FROM
\$37
WEEKLY

FEATURES: AUTO, HEATED
SEATS & MIRRORS, A/C,
CRUISE, BLUETOOTH

SE MODEL
FINANCE FROM
\$39
WEEKLY

FEATURES: AUTO, SUNROOF,
FOGLIGHTS, HEATED SEATS, A/C,
CRUISE

ALL DARTMOUTH HYUNDAI 2016 ACCENTS COME WITH

7YR

HYUNDAI
EXTENDED
WARRANTY^{††}

OR

\$500

BACK TO
SCHOOL VISA
GIFT CARD

*Prices & payments do not include freight, taxes or fees. Vehicles may not be exactly as shown, limited availability. Free 7 year warranty has no cash value and on in-stock vehicles only. Rebates are taxes in. Offer subject to change without notice, so come in quick. Sale applies to only the remaining in-stock 2016 Accents financed with Dartmouth Hyundai.



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